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Bangalore Mirror ON SUNDAY

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FLOWER POWER

Volunteers get together to ensure Lalbagh flower show is trash-free

PAGE 2

FIRE ALARM

Govt buildings not fire-safe, putting lives, heritage, documents in danger

PAGE 6

As BBMP invites objections from public against removal of 200 trees, experts question if decision is well-planned or avoidable...

BACK TO HACK

Urgent need: Conduct tree census; check which can be cut, which must be retained

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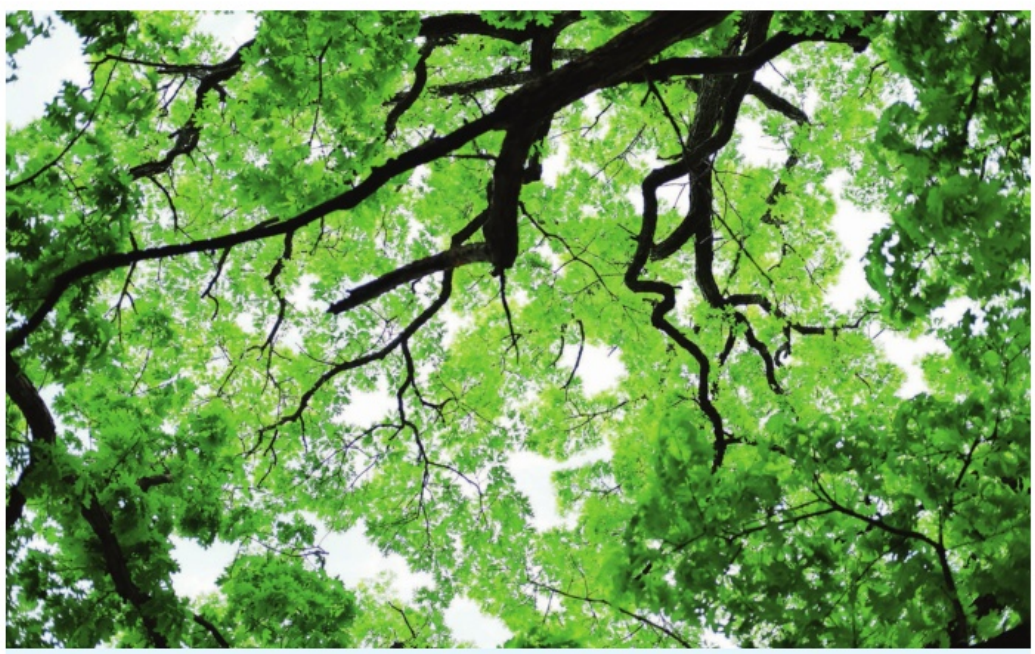
The Bruhat Bengaluru Mahanagara Palike (BBMP) has yet again put up public notices inviting objections against the removal of over 200 trees for various projects across the city.

Objections have been invited for the removal of 129 trees standing inside the MG Railway colony area in Gandhi Nagar for the construction of 132 railway quarters, removal of 47 trees standing inside RA Mundkur Fire and Emergency Services Academy campus in Bannerghatta Road for the construction of a new fire and emergency service workshop and removal of 52 trees standing inside police quarter premise Anand Rao Circle for construction of 128 police quarters.

Experts say notices inviting objections for trees in MG Railway colony and on Anand Rao Circle should be thoroughly investigated and the public must file adequate objections.

"Most of the trees marked for removal inside RA Mundkur Fire and Emergency Services Academy campus in Bannerghatta Road are

CONTINUED ON PAGE 4 »



"BBMP has no master plan in place when it comes to dealing with trees in the city. Most of the plantations are of softwood species while the requirement is that of hardwood ones

– C Nagarajaiah, professor UAS

Clean water, and a right to live with dignity

We have never seen such facilities in our area before: Resident of one of the 9 slums that have now got toilets, drinking water facility

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A joint operation by 10 Bengaluru NGOs has been successful in reducing open defecation around nine slum areas in Bengaluru. This is the result of the Saamuhika Shakthi project aimed at bringing water, sanitation, and hygiene (WASH) for the waste pickers.

In three years, around 2.3 km of household-level pipeline was laid to make water accessible for four slum areas without water connectivity. At some places, there was a water supply but it was not reaching the households. In such cases, the existing infrastructure was retrofitted to meet the demand. In seven slums, new infrastructure related to water and sanitation was constructed and retrofitted in other slums. Three washrooms were retrofitted and a new public washroom was built in the slum area and another new one in a dry waste collection centre.

According to a survey conducted by the project heads, 1,212 informal waste pickers are living in the slums. Their primary professions are waste picking as informal

CONTINUED ON PAGE 9 »

3 THINGS TO DO

01 Fashion hour

Hi Life Exhibition is ready to sweep you off your feet with the most trending fashion collection. Get your hands on gorgeous designer wear, wedding ensembles for the brides-to-be, ethnic designs for her bandwagon, to every day fashion apparels, accessories, jewellery and even fashion statements for your home. **Where: The Lalit Ashok**
When: Today; 10 am to 8 pm

02 August special

Grab the chance to watch 'Gagan Damama Bajyo', a biography of the legend Bhagat Singh, this Independence Day. The play is presented by Theatrenama and directed by Piyush Mishra. Get to know the experiences and thoughts of the freedom fighter through this interesting play.
Where: Ranga Shankara
When: Tuesday, August 15; 7:30 pm

03 Talent show

The latest edition of Young Artiste Festival 2023 is here. The event features young talents aged 6-21 years from various Indian states including Jammu & Kashmir, Sikkim, West Bengal, Maharashtra, Rajasthan, and Karnataka, showcasing their prowess in their art in instrumental, vocal and dance genres.
Where: Bangalore International Center, Domlur
When: August 20; from 5 pm onwards

Eco-warriors unite!

Volunteers from various groups join together for clean-up initiative at Independence Day flower show in Lalbagh

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The annual Lalbagh Flower Show that attracts lakhs of visitors across the city, going over 2 lakh visitors every year, and with 150 plus vendors putting up stalls for food, farm produce, saplings, and many other things, results in a task for managing the huge amount of waste generated. Over the years, the horticulture department has tried to make it a litter-free event, but with the negligence of people, waste is still thrown away despite the trash bins installed. However, this year, many voluntary groups have joined hands, especially during the weekends, when more crowds are expected to make sure the Lalbagh premises are litter-free.

On Saturday, close to 75 volunteers from different groups joined together from Saahas, Hasiru Dala, the Indian Ploggers Army, and Christ University. The volunteers collected over 40 bags of trash in the early hours and spread awareness about it. The volunteers will make sure to continue the frequent clean-up initiative during the entire weekend and until the last day of the flower show, where more visitors are expected during the last week of the flower show.

From the date the flower show started on August 4 until August 12, over 200 volunteers have taken part to ensure that Lalbagh stays litter-free. Over 60 plus Saahas team members are working on the ground, spreading awareness, and making sure that the vendors do not carry any single-use plastics with them. In the past eight days, 2 tonnes of waste have been generated and collected from the flower show.

Smita Kulkarni, Communications Consultant from Saahas, said, "This year we see that the flower show is more organised, and the horticulture department, along with various citizen organisations, are ensuring that the park is litter-free. Generally, the weekend footfall is estimated to be high, and hence there is a requirement for more volunteers, and many organisations have come forward. We have been raising awareness, ensuring the public does not litter, and guiding them to the bins installed."

> **"We have decided to carry out cleanliness until August 15. There is a huge footfall, and a lot of trash will be generated**
> – Raj, Ploggers Army

She added that over 150 sets of colour-coded bins plus other littering bins have been installed by the Lalbagh authorities. Once the bins are full, the Lalbagh waste collection team comes and empties them so that people do not start throwing waste on the premises.

The Horticulture Department is strictly not allowing any plastic usage inside the Lalbagh. Those carrying water bottles were stopped at the entrance, and the bottles were taken away. The vendors selling bottles inside were selling glass water bottles, and if the customer used them, they would have to return the glass water bottle.

The police deployed for the flower show, who were served with Areca leaf plates until last year, are now being given steel cutlery. Steel cutlery can be reusable and is said to be the best option. Some vendors selling juices in tetra packs are seen, and many after drinking them have been throwing the trash in the park, but the volunteers are cleaning in no time. Apart from this, the BBMP marshals are also doing their bit by carrying out strict enforcement.

Raj from the Ploggers Army said, "We have decided to carry out cleanliness until August 15. There is a huge footfall, and a lot of trash will be generated. We could find loads of tetra packets littered in abundance. The path towards the flower trash is very clean. Kudos to the authorities. But in the places inside and away from the flower show, we saw a lot of waste thrown around where citizens were seated and eating or drinking, which had to be cleared up."

On Saturday, close to 75 volunteers from different groups joined together in Lalbagh

Don't split B'luru: Citizens speak their mind

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Citizen activists have expressed concerns about a potential plan to split Bengaluru into multiple corporations. They also suggested a few changes to the BBMP bill at an event called Swaraj of Cities.

Civic activist Kathyayni Chamraj said, "Bengaluru has a lack of umbrella bodies and citizens have to run from pillar to post to get issues resolved. However, we should not split it into separate corporations. The model was tried in Delhi and it failed. This model of governance leads to unequal distribution of revenue. It prevents equitable growth and cross-subsidisation. We instead suggest that zonal councils be formed."

She added that there was a need for a uniform act instead of multiple ones like KMC Act, Municipality Act, and BBMP Act.

"The BBMP Act 2020 has disempowered the State Election Commission by not vesting the power of elimination, reservation and election with the SEC," she added.

Civic activists say that there was a need for a uniform act instead of multiple ones

She explained that as per the proposal in the new bill, MPC should be for the entire Bengaluru but suggested that it remain at the BDA level with the Mayor as the head. She also suggested that instead of constantly amending the ACT to meet the growing population, the maximum area of the ward should be fixed and the number of wards can be increased accordingly.

Responding to the suggestions, BS Patil, chairperson of the BBMP restructuring committee, said, "The restructuring committee was founded in 2015 as the needs of the city were not being met. We conducted a study involving 1,000 people in 2018 but the then government did not take it. Now, we have established a new committee with a broader objective. Serious discussion regarding this will be taken after August 15."

He added that each parastatal agency has been acting under different norms and coordination has not been fruitful. However, he rejected the idea of a single Act, as each city needs a customised Act.

Dr Rajeev Gowda, a member of the BBMP restructuring committee said that growth needs to happen in a harmonious and impactful way.

"During Covid, we saw a lot of neglected sectors like the gig workers and migrant workers. The bandwidth for taxation has been reduced with the introduction of GST and we need to allocate more resources for ULBs. We also need to empower the ward committees," he explained.

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Nilgiri trees. However, in the case of the rest of the two projects, the point to be considered is whether alternate sites were considered for both railways and police quarters. If not, it is a hasty decision and substantial objections must be filed. Most of the trees proposed in both the notices are good trees and native species," said Dattatreya Devare, trustee, Bangalore Environment Trust.

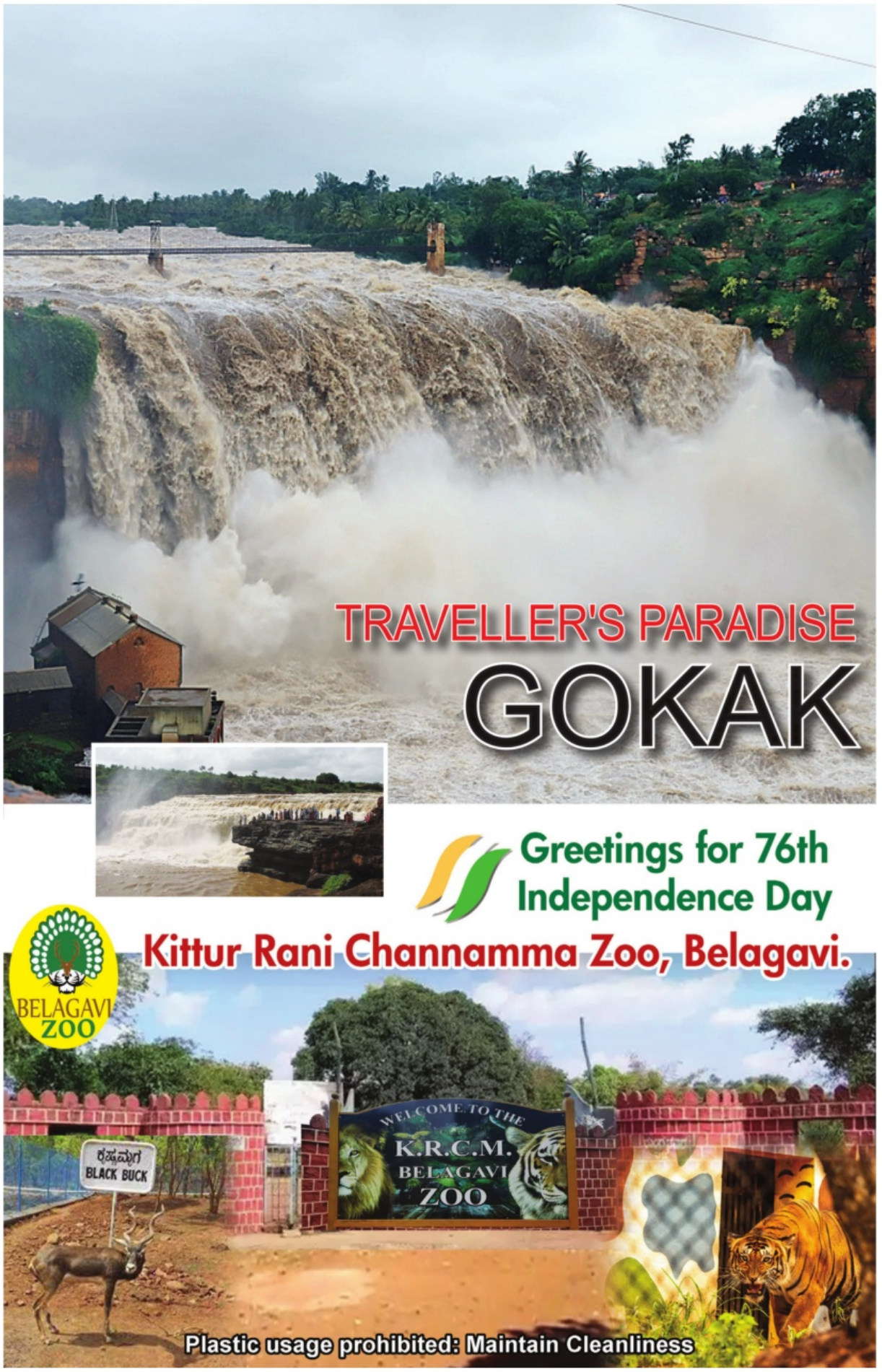
But no census

Environmentalists also express concerns about hundreds of trees facing axe over the last few years in the city. While trees are being felled relentlessly, the proposed tree census is still not in sight.

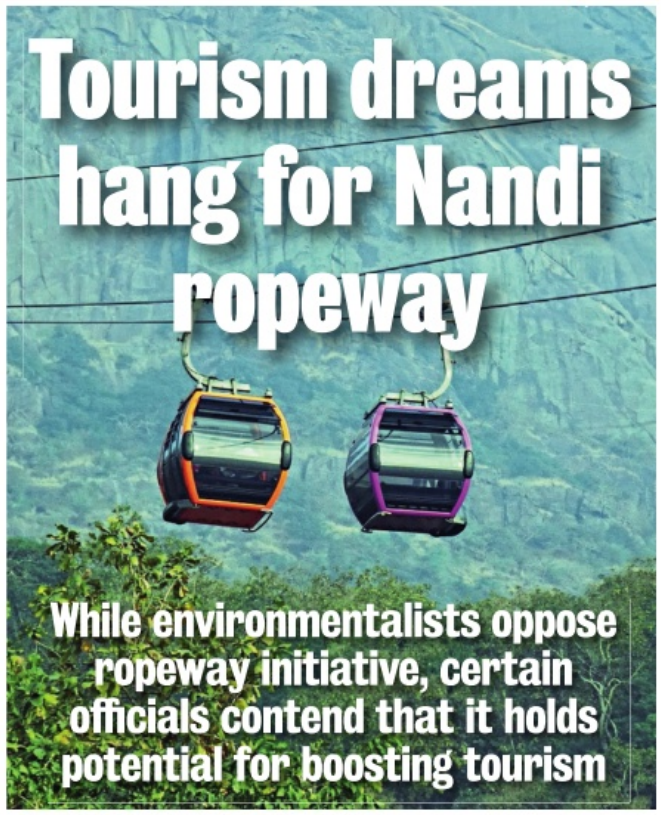
C Nagarajaiah, professor and ex-Head of the Department of Forestry and Environmental Science at UAS Bengaluru and a former member of the Tree Expert Committee, says there is a growing sense of apprehension among environmentalists today about the status of Bengaluru's trees. Most of it stems from Palike's lack of planning and strategies around managing the green cover.

"BBMP has no master plan in place when it comes to dealing with trees in the city. There is no strategy around which trees can be cut and which should be retained. Most of the plantations are of softwood species such as gulmohar and jacaranda trees. While the requirement is that of hardwood species like neem and mahogany. There is no maintenance happening too. This aspect would have been exposed already had the monsoon been at its usual best. The tree census would have taken care of these aspects along with providing ward-level maps to ensure sustainable development activities," said Nagarajaiah.

Citizens, get ready to object



Tourism dreams hang for Nandi ropeway



While environmentalists oppose ropeway initiative, certain officials contend that it holds potential for boosting tourism

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The inaugural ropeway venture in Karnataka, nestled amidst the scenic Nandi Hills, seems to have been temporarily put on hold, pending a decision from the new government regarding the resumption of this cherished initiative by the prior BJP administration. Former Chief Minister Basavaraj S Bommai ceremoniously laid the cornerstone for this endeavour in March of the previous year, expressing optimism that construction might commence within a few ensuing months. However, with the transition to the Siddaramaiah-led government, there has been no discernible progress towards reviving the project. Law and parliamentary affairs minister HK Patil remarked, "Presently, I am unable to provide an extensive commentary on the project's status. While significant discussions surrounded the project previously, no substantive actions were undertaken on the ground. It is imperative that we re-engage with officials and deliberate on the path forward."

Under the aegis of the BJP administration, the green light was given for a 2.93 kilometre ropeway spanning an estimated cost of Rs 93.40 crore, to be realised through a public-private partnership. The contract had been awarded to a firm, fuelling expectations of imminent construction, with a targeted completion timeframe of one year. The contractual obligations encompassed ropeway construction, management, and maintenance over a span of 30 years. The project envisaged the erection of around 20 support pillars stretching from the foothills to the terminal point, with the tallest pillar projected to reach a height of 35 meters. According to the stipulated design, the initial capacity of the ropeway was slated for 25 cabins, potentially expandable to 50 cabins, accommodating up to 10 passengers each. Sources indicate that while many states across the country boast ropeway systems, Karnataka remains one of the few states yet to join this roster.

Simultaneously, Karnataka has submitted a proposal to the central government to explore ropeway installations at 13 locations within the state, including Nandi Hills (Chikkaballapur district), Mullayyana Giri (Chikmagalur district), Chamundi Hills (Mysuru), Kodachadri Hills (Udupi district), Devarayana Durga (Tumakuru district), Anjanadri Hills (Koppal district), Jog Falls (Shivamogga district), Yana (Uttara Kannada district), Kumara Parvatha (Kodagu district), Madhugiri Fort (Tumakuru district), Kemmanagudi (Chikmagalur district), connecting islands within the Sagar backwaters (Shivamogga district), Rajhansgad (Belagavi district), Chapeli (Uttara Kannada district), and Joida (Uttara Kannada district).

While environmentalists oppose the ropeway initiative, certain officials contend that it holds potential for boosting tourism. An official said, "Ropeways play a pivotal role in promoting tourism by providing access to individuals who may find climbing or walking challenging. For instance, Madhugiri Hill stands as one of Asia's largest monoliths, posing a formidable climbing challenge. The introduction of a ropeway would enable even those unable to climb to relish the hill's splendour. In Western countries, ropeways significantly facilitate tourist transportation, with minimal environmental impact. Another illustrative case is Mullayanagiri, Karnataka's loftiest peak. Currently, visitors must journey close to Mullayanagiri and then undertake a strenuous climb to the summit. The narrow road often becomes congested with vehicles on weekends, presenting safety hazards. Implementing a ropeway could regulate crowd influx and expedite ascents.

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THE SUNDAY READ

All work & much play

Doctor couple makes sure every child in govt schools has a well-equipped space to play

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Having playgrounds in schools is critical as it offers numerous benefits to children's physical and social development while also giving a break from the academic routine, allowing students to refresh their minds and return to their studies more focused. However, many government schools in Karnataka lack the facilities of a playground. In order to fill this gap, a doctor couple has come forward to provide playground equipment in many government schools in Bengaluru and other districts of Karnataka.

Dr Arjun Kalyanpur, Chief Radiologist and Founder CEO, Teleradiology Solutions, and Dr Sunita Maheshwari, Co-founder and Chief Dreamer, Telerad Group, came forward with the initiative of setting up playgrounds in schools after they observed that many schools across their localities did not have a playground facility.

The couple had been working in the USA and, in 1999, shifted to Bengaluru. They observed that back in the USA, there were many public parks and playgrounds for children; however, in Bengaluru, it lacked.

They started visiting government schools near their locality and found out that most of the schools had a vacant space but did not have any playing equipment and were deprived of a playground.

They set up a trust in Bengaluru, People4People, in 2004, with the aim of making children happier.

"In our gated community in Whitefield, we had a playground area where our daughter and other children from the community would come and play on a regular basis. However, other children from the locality had no access to the nearby playground, and we found out that they did not have a playground in school. And then in 2007, we decided to set up a play area for the Tubarahalli government school. We got a swing, see-saw, and jungle gym, and in no time, children started playing with them. The excitement of going to see children play is indescribable, and thereafter, me and Dr Arjun decided to continue this initiative as long as we could help schools set up playgrounds," said Dr Maheshwari.

Dr Arjun Kalyanpur and Dr Sunita Maheshwari are ensuring government schools across the state have adequate play equipment

Despite a busy schedule, couple first reached out to government schools in Whitefield to ask permission to set up play areas

Despite their busy schedule as doctors, they decided to reach out to most of the government schools in Whitefield to get permission from the principal to allow them to set up playgrounds in the school. The doctors got a manufacturer who supplies the playing equipment on board and got some vendors who can set up the playgrounds.

"Each playground takes us about a week to set up with all the equipment in place. Initially, the welding work takes up to a week, setting up the equipment is done in a day, and thereafter, painting is carried out," added Dr Maheshwari.

Over the years, as many government schools started to know about the initiative, they themselves started to reach out to the doctors. So far, 566 playgrounds have been added in various government schools in different localities of Bengaluru and in other places like Hosakote, Shivamogga, Tumakuru, Mangaluru, Dakshina Kannada, Chikkaballapur, Kolar, and more.

Some of the schools that got the equipment in Bengaluru are Government Higher Primary School in Sadaramangala, Kadugodi, Nammoora Government Lower Primary School in Kenchenahalli, Yelahanka, Government Lower Primary School in Horamavu, Government Model Higher Primary School in Marathahalli, Government Higher Primary School in Bommanahalli and others. People4People has installed the highest number of playgrounds in Bengaluru Rural with 131, followed by Bengaluru with 78 and by Chitradurga with 60.

BBMP fire: Experts decry safety lapses, 'intentional file elimination'

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In the light of the recent fire incident at the BBMP headquarters, citizen activists have pointed out lapses in safety measures and the need for more compliance with fire safety regulations in government buildings.

The fire that broke out at the Quality and Control Department of the BBMP injured nine people. According to police officials, the fire started due to an oven blast inside the premises. While all the BBMP officials were taken to Victoria Hospital, the incident raised eyebrows about the safety measures inside government buildings.

BBMP has launched a full blown investigation into the incident. Palike has constituted a team to discover the cause of the incident and it is headed by Engineer in Chief of the RI Department, BS Prahalad.

Rescue experts say that all government buildings are expected to have necessary fire safety equipment. "Every government building should be equipped with emergency fire equipment. All important buildings with crucial documents should be equipped with this. All government buildings are also audited by the fire service. During building construction, the emergency exit is marked in the plan," said an expert in fire safety.

Civic activists expressed outrage at the lapses by the civic body. Vinod Jacob from Namma Bengaluru Foundation said, "All government buildings should have fire safety equipment ready and norms certified. Most of the buildings are also heritage property and it is important to protect the lives, buildings and valuable documents of the state."

KAUSHIK JN

A day after the fire at BBMP office, officials visit to investigate

Another citizen activist Sandeep Anirudhan said the fire points to a clear case of negligence of regulations by BBMP. "Either it's a case of carelessness or intentional fire. It could be an attempt to destroy data. Half the panchayat buildings have burnt at some point. However, only a detailed investigation would be able to reveal the truth," he said.

Urbanist Ashwin Mahesh questioned the lapses by the fire department. "We need to question why there was no fire equipment at the building. The fire department should have inspected the building. The department should have a database of all buildings and they should have known which ones require fire certification. The question is whether they knew that the building does not have fire certification. Usually, fires happen in BBMP buildings when documents have to disappear, " he added.

Don't neglect liver ailments

Liver ailments often go unnoticed until they reach a critical stage, underscoring the need for heightened awareness. In a bid to shed light on this pressing concern, Bangalore Mirror organised an engaging phone-in session where eager participants reached out to have their questions addressed. Stepping into the spotlight was none other than Dr. Rajiv Lochan, the accomplished Lead Consultant in HPB and Liver Transplantation Surgery at Manipal Hospital, Old Airport Road. Amidst his bustling schedule, Dr. Lochan graciously lent his expertise to tackle each query, unraveling insights and guidance. Here's a glimpse into the invaluable takeaways from this illuminating phone-in rendezvous.

Dr Rajiv Lochan engaging the phone-in session on Liver ailments

I have been experiencing severe pain near my stomach and it's affecting my sleep. I have undergone endoscopy and scanning. Can you please provide some guidance?

It's unfortunate that you're dealing with such discomfort. Based on your symptoms and tests, it's possible that there might be an intestinal infection causing your pain. It's encouraging that the issue doesn't seem to be related to your liver. To get a clear diagnosis and proper treatment, I strongly recommend consulting a gastroenterologist.

About a month ago, I had a general checkup and blood test. The doctor diagnosed me with jaundice and mentioned liver involvement, which has resulted in some abdominal fluid retention. Could a liver transplant be necessary?

I'm sorry to hear about your health situation. The most important aspect at this stage is to prioritize the well-being of your liver. It's worth noting that even if a significant portion of the liver is affected, the liver has a remarkable ability to heal itself when given the chance. To aid in your recovery, it's crucial to avoid substances or habits that could further harm your liver, such as alcohol consumption. Maintaining a proper diet, undergoing regular medical checkups, and following your doctor's recommendations can significantly contribute to improving your liver condition. If, after diligently following these steps, there are still concerns about your liver's health, a liver transplant might be considered. It's advisable to monitor your progress over the course of a month and then decide on the necessity of a transplant.

I've been struggling with alcohol consumption, and I suspect it's affecting my liver. How can I work on controlling this behaviour?

Acknowledging the impact of alcohol on your health is a significant step. To address this concern effectively, I recommend seeking professional help. If your main concern is its effect on your liver, consulting a gastroenterologist or a hepatalogist would be beneficial. However, if you find it challenging to control your alcohol consumption due to habit or psychological factors, consulting a clinical psychologist or psychiatrist can offer valuable support in overcoming this behavior.

I'm curious about the likelihood of liver cancer in different demographics. Are men more prone to liver cancer than women? At what age is the risk higher?

Liver cancer is observed to impact males at a rate twice that of females. Among a group of 100 individuals diagnosed with liver cancer, approximately two-thirds are males, while the remaining one-third constitutes females. This discrepancy can be attributed to lifestyle factors, such as higher rates of alcohol consumption among men. It's important to note that liver cancer can develop across various age groups. In children, a type of liver cancer called hepatoblastoma can occur, but it's also noteworthy that this condition can be effectively treated.

I am a 46-year-old woman who underwent a hysterectomy due to infection a decade ago. Lately, I've been experiencing abdominal bloating, fatigue, and I have high blood pressure and diabetes. A fibroscan revealed fatty liver. How can I manage these health issues?

It's unfortunate that you're dealing with multiple health concerns. The fatty liver issue is likely linked to elevated cholesterol levels. To improve your condition, focus on controlling diabetes and cholesterol through regular exercise and maintaining a healthy weight. Monitoring your BMI regularly can provide insights into your progress. Additionally, adopting a balanced diet and following your doctor's recommendations can contribute significantly to your liver's recovery. It's crucial to address all your health issues collectively to achieve better overall well-being.

I've been experiencing a piercing sensation near my navel for a week, and the doctor suggested it might be a urinary tract infection. Could you provide some guidance on this?

Given your description, it's likely that you're dealing with a urinary tract infection (UTI). I recommend following your doctor's advice and undergoing the necessary tests to confirm and treat the infection appropriately.

I recently had a stomach scan that revealed mild hepatoma along with fatty liver. This was done about 20 days ago. I've also been managing high cholesterol for a decade with regular medication. What steps should I take regarding my liver health?

The presence of fat in the liver can often be attributed to our lifestyle choices. Factors such as diet, exercise, and alcohol consumption play a significant role in liver health. Prioritize making positive changes in your lifestyle, including healthier eating habits, regular exercise, and reducing alcohol intake. While there are no specific medications for fatty liver, focusing on these lifestyle adjustments can greatly contribute to your liver's recovery. The medications you've been taking are likely aimed at addressing other issues, so it's crucial to continue following your doctor's recommendations.

I'm concerned about cancer in my family, particularly liver cancer. Does liver cancer have a hereditary component? Can it be caused by factors other than smoking?

The development of cancer is a complex process with various factors involved. While smoking is a known risk factor for certain types of cancer, including lung cancer, liver cancer has different contributing factors. Excessive alcohol consumption and certain infections, such as hepatitis, can increase the risk of liver cancer. While there might be a genetic predisposition to some extent, it's not solely determined by family history. It's important to consider the broader environmental and lifestyle factors that can contribute to cancer development. Over time, scientific research may provide more insights into the complex causes of cancer.

I had hepatitis B in the past, and I'm concerned about possible symptoms of AIDS. Are there any connections between the two?

It's important to clarify that hepatitis B and AIDS (HIV) are distinct viral infections with different modes of transmission and effects on the body. While both can be sexually transmitted, they have separate implications for health. If you've had hepatitis B, it's crucial to work closely with a gastroenterologist who can provide guidance based on your individual situation. Not everyone with hepatitis B requires medication, and the need for treatment is determined by specific criteria set by medical professionals. Regular liver tests are essential to monitor your liver's health, especially if you've had hepatitis B.

I'm 64 years old and have been recovering from a major burn for 8 months. While my wounds are healing, there's some spreading and swelling. I did liver tests, and my AST and ALT levels are within normal range. Could you provide some insight into my situation?

It's commendable that you're actively managing your recovery from the burn injuries. The liver function tests (AST and ALT levels) suggest that your liver is functioning well. However, given your symptoms of spreading wounds and swelling, it's advisable to consult with a physician to ensure that your overall healing process is progressing as expected. Additionally, considering your age and medical history, it might be beneficial to have a heart checkup as well. Remember to maintain a healthy diet and follow your healthcare provider's recommendations to facilitate a successful recovery.

I underwent a liver transplant about a month and a half ago, and I've noticed variations in my AFP levels. Is this a cause for concern, especially since I had cirrhosis before the transplant?

It's not uncommon to observe fluctuations in AFP levels after a liver transplant, especially considering your previous cirrhosis condition. Continuously monitoring these levels and maintaining regular scans are essential to ensure the health of your transplanted liver. Follow your transplant doctor's advice closely, and continue taking the prescribed medications as directed. Open communication with your medical team is key to addressing any concerns and ensuring a successful recovery.

Does liver cancer have a hereditary component? Can it be passed down through generations in a family?

While certain genetic factors can influence an individual's susceptibility to liver diseases, including liver cancer, it's important to note that genetic inheritance of liver cancer is not a common occurrence. Hepatitis B, which is a risk factor for liver cancer, can be transmitted from mother to child during childbirth. However, most cases of liver cancer are primarily linked to lifestyle factors, such as excessive alcohol consumption, chronic hepatitis infections, and other environmental influences.

I've had fatty liver in the past, but my most recent test two months ago showed no signs of it. Can fatty liver improve over time?

Fatty liver can indeed improve over time with the right lifestyle changes. Various factors, such as alcohol intake, diabetes management, exercise, and diet, contribute to the presence of fatty liver. It's positive that your recent test didn't indicate fatty liver. By adopting healthier habits, such as reducing sugar intake, exercising regularly, and making informed dietary choices, you can support your liver health and potentially reverse the condition. Consulting a dietician can provide personalized guidance to maintain a liver-friendly lifestyle.

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

WINGS OF FAIRY

A dragonfly resting on a dried twig

The picture was clicked by BM reader **NJ Ravi Chander**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Attention please: There is a roadblock ahead

Kalidasa Marg gets obstructed with construction material; citizens demand immediate action from BBMP officials

| Sridhar Vivan
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TWEETS @sridharvMirror

Residents and commuters in the Kalidasa Marg, situated adjacent to the bustling Majestic area, are grappling with an increasingly troublesome issue. The road, once a thoroughfare for smooth traffic flow, has now transformed into a rocky terrain obstructed by heaps of sand and construction materials. Crushed stones and sand now litter the roadway, while concrete mixing machines occupy the thoroughfare, intended to serve as the foundation for upcoming building projects.

A resident said, "Despite repeated pleas from concerned citizens, the situation has deteriorated over time. Appeals to both local traffic police and corporation officials have fallen on deaf ears, leaving the community frustrated and safety compromised. As evidence of this dire state, the road now resembles a construction site rather than a passageway, with construction equipment operating amidst the chaos."

Residents say that Kalidasa Marg now resembles a construction site

> **"The primary goal is to alleviate traffic congestion and restore seamless travel for all**
>
> –an official

Local residents and motorists are demanding immediate attention and action from BBMP officials.

"The primary goal is to alleviate traffic congestion and restore seamless travel for all. The problem zone is pinpointed to Gandhinagar Kalidasa Road, near the Freedom Park signal, falling under Division number 94 and within the jurisdiction of the Gandhinagar area, up to the Upparpet Police Station boundary," said an official.

City | BangaloreMirror

Hebbal: Ramp construction causes unusual traffic

Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com

TWEETS @BangaloreMirror

BM's report on July 2, 2023 about Hebbal fylover experiencing unusual traffic due to construction. Traffic congestion is often seen due to construction in city

DID YOU KNOW?

Sarakki Lake is one of the largest lakes in Bengaluru. The lake is located in south Bengaluru, in the suburb of JP Nagar. Over the years, the lake has seen maximum encroachments and lost nearly 15 acres, registering a reduction of 21% in its area. The word Sarakki is a blend of Kannada words, Saavira Hakki, which means a thousand birds. Various species of birds can be spotted on the lake premises. The Sarakki Lake Improvement Trust (SLAIT) was formed in 2012, in order to revive the water body.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

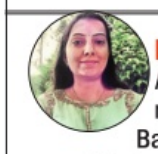
where Bengalureans speak their mind

What are the greatest infrastructural wonders of Bengaluru and what are the worst?

Hemanth Pai, BM Reader
Kempegowda International Airport Terminal 2 and Baiyappanahalli Railway Station: The pinnacle of infrastructure excellence. Bellandur Lake and Varthur Lake: Troubling epitomes of infrastructural failures.

Bhavani C, BM Reader
Greatest: Electronic City IT Park, Outer Ring Road, and the worst: dilapidated road conditions and inconsistent public transportation. These unveil Bengaluru's technological marvels and infrastructure shortcomings.

Dhanraj R, BM Reader
Bengaluru boasts remarkable infrastructure, such as Vidhana Soudha and Bangalore Palace, drawing visitors from various corners. While avoiding the term 'worst,' it's crucial to acknowledge that it has earned the distinction of being one of the congested cities.



Rachitha BS, BM Reader
Among Bengaluru's infrastructural marvels are Vidhana Soudha, Bangalore Palace, Bangalore Fort, and Nadaprabhu Kempegowda Statue at the airport. The city's stellar infrastructure extends to the Metro and BMTC services.

Balaji M, BM Reader
Kempegowda International Airport and the Namma Metro are examples of excellence. Traffic congestion and insufficient waste management are inadequacies to overcome.

Sridhar Comaravalli, BM Reader
BMRCL's underground tunnels linking metro stations are feats of ingenuity. The problematic Richmond Circle flyover amplifies traffic woes.

SPEAK TO US

Which stretch of Bengaluru's roads do you dread the most to ride on and why?
If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Gruesome rape throws spotlight on women's safety

Ahna Prakash
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TWEETS @BangaloreMIRROR

The recent surge in shocking rape incidents has brought a glaring spotlight on the pressing issue of women's safety. These distressing occurrences underscore the urgent need for comprehensive measures to ensure the security and well-being of women in society.

According to Karnataka state police data, 3 women are raped every 2 days in the state. There were 291 reported rape cases in the state in the first 6 months of 2023. There is an increase in rape cases at both the state and city levels compared to 2022.

Last year, as of June, the state recorded 278 cases of rape in 6 months, which increased by 4.6% in June 2023. As per the data, Bengaluru records about 15 rape cases every month. According to the latest monthly review submitted by the state police, Bengaluru saw 17 rapes in June.

Amid these unsettling statistics, a recent shocking incident has come to light, reaffirming the need for swift action on women's safety. The city police arrested a man for the alleged rape and murder of a young woman. The victim, identified as a 21-year-old resident of the Laxmisagar neighbourhood, was found lifeless in front of her house on Friday. The accused, identified as Krishnachand Seti, had been working as a security guard at a nearby tech park while residing in the adjacent residence.

According to the police, the victim shared an apartment with her sister, who also worked at the same petrol station as the victim. On

According to Karnataka state police data, 3 women are raped every 2 days in the state. There were 291 reported rape cases in the state in the first 6 months of 2023

Thursday, she stayed at home instead of reporting to work, the police said. She briefly left the house later that night, and the accused, who had been watching her, brought her inside and attempted to rape her.

The victim resisted him and tried to cry for help, but Krishnachand covered her mouth with one hand while suffocating her with the other.

According to the authorities, the accused stored the body after the murder and wrapped it in a bedsheet. He dropped the body in front of her house the following morning at 5.30 am.

The police added that the accused even stood among the crowd afterwards when neighbours had gathered in front of the house after seeing the dead body. Later, he also acted in disbelief.

However, the authorities began to suspect his involvement after he failed to provide evidence to support his responses to their investigative questions. After being interrogated, he eventually admitted to the crime.

This comes close on the heels of another case where a Kannada film producer was detained in Bengaluru on Saturday, for the alleged rape and extortion of a woman. The woman was asked for Rs 15 lakhs by the film producer, Virendra Babu, who allegedly threatened to expose an alleged sex tape if she refused and demanded the money, said the state police.

The incident occurred in 2021 but came to light when the victim finally filed a police report. On July 30, the alleged film producer called her once more and threatened her. The victim also claimed that he threatened her with a gun while driving away with her.

Water & washrooms

CONTINUED FROM PAGE 1

street waste collectors, itinerant buyers, sorters in scrap shops, sorters in dry waste Collection Centres (DWCCs), and Waste Collection Centres (DWCCs), across different parts of the city.

"We wanted to understand the needs of the community and asked them to draw a map of the slum and mark the existing utilities available. We collected information and conducted technical planning," said Hemalatha Patil, Program Director at WaterAid India.

Further, the team moved on to bringing the necessary infrastructure to the slum areas. "In a slum, the toilet built by the Slum Board was not functional and the 514 households were practising open defecation.

We renovated the defunct toilet and ensured separate male and female toilets. In some slums, there were toilets and we provided a public toilet for the community. In most cases, we had to go for a community toilet," she added.

Additionally, the team has been working on installing hand-washing facilities in the anganwadis.

The project is being implemented with the help of the Slum Board, BBMP and area MLAs.

Apart from that, the project also aimed to provide quality drinking water for the workers. "We assume that water is safe for consumption in urban areas. During our routine water checks, we found high nitrate content in the water. We set up an RO-drinking water facility close to the slum," she added. The contamination was found in a slum in Sumanahalli.

"Previously, we didn't have bathrooms and girl children had to go long distances to use the facilities. Now, we have access to water in homes, and new bathrooms have been constructed. Before, we had to travel a long distance to get drinking water," said 27-year-old Indirama, who lives in one of the slums.

Mounamma, an informal waste worker for 15 years, said the project has helped them a lot. "Now, we have access to water and washrooms. For nearly 15 years, we didn't have water or bathrooms. We haven't seen such facilities in all our time here."

Launched in 2020, the Saamuhika Shakti is a three-year project aimed at improving the lives of informal waste workers and funded by the Sweden-based H&M Foundation.

The foundation provided 11M $ to implement the project and was jointly run by 10 NGOs.

'Cow vigilante' detained for extortion allegations

The 32-year-old cow vigilante, Puneeth Kerehalli, has been detained by the Central Crime Branch after being charged under the strict Karnataka Goonda Act for allegedly extorting money from cow slaughterers and cattle transporters.

According to authorities, "He used to target cow slaughterers and transporters, threatening business people, thus breaching peace and communal harmony, adversely affecting peace and public order." The police intended to add his name to the list of rowdy sheeters –IANS

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Irresistible Independence Day offers beckon customers

If you're considering purchasing a plot, appliance or clothes, seize the opportunity as Bengalureans are being enticed by unprecedented offers. With the 76th Independence Day on the horizon, the city's commercial outlets are offering special offers to customers.

Suresh Gowda, a realtor, stated, "We're extending numerous offers for our customers this Independence Day. As most plots are located in and around Bengaluru, customers can explore our enticing offers, visit our sites, and gain a firsthand experience of their potential dream homes." Ramana R, another realtor, highlighted, "This upcoming festive season is an opportune time to invest in a site. Property investment is often a lifelong plan, prompting careful consideration. It's customary to seek an auspicious time for property visits or purchases. With a series of auspicious festivals on the horizon, now is strongly believed to be the right time for property investment."

Independence Day also brings exclusive discounts in retail stores. Sri Kumar, a techie, eagerly anticipates this time of year. "I've been compiling a list of items to purchase over the past few weeks. Independence Day is the perfect occasion to shop with numerous discounts on offer," he said.

As the long weekend prompts many to venture out of the city, the hospitality sector flourishes. V Gowda, proprietor of a Chikkamagaluru homestay, mentioned, "This extended weekend due to Independence Day falling on Tuesday is a golden opportunity for the hospitality industry. Demand is surging after the setbacks of the past two years, greatly aiding those dependent on the hospitality sector for their livelihood."

Amidst the festive fervour, Srividya D, a homemaker, underlined the specialty of the long holidays, stating, "Extended breaks are perfect for city exploration. Malls host special programs, providing ideal mini outings for families. With attractive discounts at stores and Independence Day-themed menus at hotels, it's an ideal time for dining out."

Veeresh D, a shopkeeper, remarked that offers undeniably serve as a powerful magnet to attract customers. "If we glance at the calendar, our year kicks off with Sankranti and Republic Day, followed by a lull until Ugadi. After Ugadi, the festive cycle resumes with Varamahalakshmi festival, succeeded by Gowri Ganesha festival, the 10-day Dasara festival, the three-day Deepavali, Christmas, and culminating in year-end offerings. Additionally, we extend special offers during Ashada maasa. Previously considered inauspicious, Ashada now witnesses heightened footfall owing to our enticing offers. This year, we're jumpstarting the festival season a bit earlier, commencing with Independence Day. With an abundance of offers, it's a mutually beneficial scenario for both shopkeepers and customers. While numerous shops roll out exclusive discounts, we're poised to welcome a significant influx of customers. For shoppers, it's a splendid opportunity to step out, explore novel destinations and products, and acquire them at reduced prices. Bengalureans seize the Independence Day offers and make the most of this golden opportunity," he said.

—Prakash VL

Celebrating India's street food culture this I-Day

This Independence Day, as we commemorate the 76th year of our nation's freedom, it is imperative that as we celebrate our political independence we also explore the diverse and delectable culinary heritage that defines India.

The Indian food industry is surely undergoing a renaissance, embracing the assortment of regional flavours that have long been cherished within our borders.

Moreover, a vibrant street food culture has been adding immense attraction to a city's food scene and offering experiences to travelers. Godrej Food Trends Report 2023 states that the last decade has seen a steady rise in interest in street food. Digital media has taken a keen interest in street food, amplifying tales ranging from the extraordinary to the unconventional, so much so that the Indian traveler is opting for destinations just to discover local street food.

Rushina Munshaw Ghildiyal, Managing Director of Perfect Bite Consulting and Curating Editor of the annual Godrej Food Trends Report says, "This Independence Day, let's celebrate the diversity of food in India. With its multifarious population, India is a treasure trove of local foods waiting to be discovered. Not only does each region of the country boasts its own distinct flavors, ingredients, and cooking styles, but also has a rich repertoire of local street foods. Indian street food is as varied as its regional cuisines.

This Independence Day, let us celebrate our gastronomic freedom and love for all things chatpatta masaledar, and crispy that unite us as Indians."

India's street food reflects the country's rich and varied culture, with each region offering its own unique flavors and dishes. On this Independence Day, we proudly salute the culinary custodians for their role in preserving the authentic flavors of India's diverse regions. Their efforts not only safeguard our culinary heritage across different regions but also facilitate cross-cultural exchange and deeper appreciation.

Bengaluru gears up for Independence Day

Bengalureans are gearing up for the 76th Independence Day programme, with various public spaces bedecked in preparation for flag hoisting. The centerpiece event will unfold at Manekshaw Parade grounds, marking Siddaramaiah's inaugural flag hoisting in his second term as Chief Minister. District-in-charge ministers will likewise raise the tricolour at their respective district headquarters.

At the Manekshaw Parade grounds, the flag hoisting will be followed by an array of captivating cultural performances, a visual delight. Numerous school students have been diligently rehearsing for weeks, preparing to showcase their finest in front of dignitaries. The BBMP and police have orchestrated extensive security measures to ensure the seamless execution of the programme.

Vendors sell the national flags ahead of Independence Day celebrations at Vidhana Soudha, on Saturday

Simultaneously, tricolour hoisting takes place in various localities, educational institutions, offices, and other venues. "During holidays, I usually indulge in extra sleep by waking up late. However, Republic Day and Independence Day are two special exceptions when I choose to rise early. These days hold a unique place in my heart as I revisit my school, participate in the festivities, witness the unfurling of the tricolour, enjoy cultural performances and most importantly, sing the national anthem," shared Sandeep Kumar, a techie.

Rajesh TM, a BEML Layout resident, said that they ensure Independence Day is heartily celebrated in their locality too. "Resident welfare associations enthusiastically prepare for this special occasion, with arrangements starting a week ahead," he said. Shatrunjay Sharan, a physiotherapist, elaborated, "Independence Day is a much-anticipated event. Many apartment complexes organise ethnic days, with residents donning traditional attire representing their states. These celebrations feature local songs and dance performances."

Nandini Gowda, a Malleswaram resident, recounted, "Last year marked the 75th Independence Day with the theme 'Har Ghar Tiranga,' led many of us to hoist the tricolour on our homes. This year, we continue the tradition by purchasing flags to proudly display. Many of my friends are actively engaged in social initiatives, including road clean-ups, visits to orphanages, donating clothes and books to inmates, and providing meals at elderly care homes."

A host of bikers also embark on special Independence Day rallies. "We plan to lead a 'Tiranga Rally,' adorning our bikes with flags. Bikers from different parts of the city join the rally and then we head out on a long trip. We are welcomed by locals who offer us special food." "Each bike will proudly display the tricolour, creating a special biking experience," said Meghana K.

—Prakash VL

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All you need to know about...

Air pollution & cancer

PM2.5 and NO2 linked to non-lung cancer
Chronic exposure to fine particulate air pollutants (PM2.5) and nitrogen dioxide (NO2) may increase non-lung cancer risk in older adults, a new research has warned.

Colorectal, prostate cancer
The study of millions of Medicare beneficiaries by Harvard University's TH Chan School of Public Health and published in Environmental Epidemiology, found that exposures to PM2.5 and NO2 over a 10-year period increased the risk of developing colorectal and prostate cancers.
The researchers also discovered that even low levels of air pollution exposure may make people particularly susceptible to developing these cancers, in addition to breast and endometrial cancers.

Impact on health
"Our findings uncover the biological plausibility of air pollution as a crucial risk factor in the development of specific cancers, bringing us one step closer to understanding the impact of air pollution on human health," said Yaguang Wei, research fellow in the Department of Environmental Health.

Clean, but not risk-free
The researchers noted that even communities with seemingly clean air were not immune to cancer risk. They found substantial associations between exposure to the two pollutants and the risks of all four cancers even at pollution levels below newly updated World Health Organisation guidelines.

Strict standards needed
The US Environmental Protection Agency recently proposed stricter standards for PM2.5, but their proposal doesn't go far enough in regulating this pollutant. "Current NO2 standards are also woefully inadequate," said a study author.

—IANS

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MINESTRONE ALLA GENOVESE

Prep Time: 1 hours
Cooking Time: 15
Serves 4

INGREDIENTS
- 200 g dried beans, preferably borlotti
- 1 medium leek
- 1 carrot
- 1 stalk of celery
- 150g green beans
- 1 medium zucchini
- 1/4 small head of green cabbage, preferably of the Savoy variety
- 100g Swiss chard leaves (or spinach)
- 1 small potato
- 1/4 small pumpkin, skinned and seeded
- 1 small eggplant
- 1 piece of Parmesan rind (optional)
- 200g pasta ditalini
- Olive oil
- Salt and pepper

METHOD
- Soak the beans overnight. Discard the soaking water and replace it with fresh water to cover them well
- Simmer in a large pot until nearly tender, for about an hour
- While the beans are simmering, dice all the vegetables into small pieces
- Once the beans are cooked, add the vegetables to the pot and enough water to cover them, along with a drizzle of olive oil and a good pinch of salt, and the Parmesan rind if using
- Simmer gently for a good 45 minutes
- Take a ladleful or two of the soup and purée it in a blender
- Put them back into the pot, along with the pasta and if things look too thick or dry, add more water
- Simmer for another 8-10 minutes, mixing from time to time to avoid scorching or sticking, until the pasta is done
- Let the soup rest for a few minutes, then mix in the pesto before serving
- Garnish with grated parmesan

Prep Time: 25 mins
Cooking Time: 20
Serves 4

MUSHROOM RISOTTO

INGREDIENTS
- 6 cups vegetable broth, or as needed
- 3 tablespoons olive oil, divided
- 450gms portobello mushrooms, thinly sliced
- 450gms porcini mushroom, thinly sliced
- 2 medium shallots, diced
- 1 ½ cup Vialone Nano or arborio rice
- ½ cup dry white wine
- 4 tablespoons butter
- 3 tablespoons finely chopped chives
- ½ cup freshly grated Parmesan cheese
- sea salt and freshly ground black pepper to taste

METHOD
- Warm broth in a saucepan over low heat
- Meanwhile, warm 2 tablespoons olive oil in a large saucepan over medium-high heat. Add portobello and white mushrooms; cook and stir until soft
- Remove mushrooms and their liquid to a bowl and set them set aside
- Add the remaining 1 tablespoon of olive oil to the saucepan. Stir in shallots and cook till translucent
- Add rice, cook and stir until rice is coated with oil and pale, golden in color
- Pour in the wine, stirring constantly until the wine is fully absorbed
- Add 1/2 cup warm broth to the rice, and stir until the broth is absorbed
- Continue adding broth, 1/2 cup at a time, stirring constantly, until the liquid is absorbed and the rice is tender, yet firm to the bite
- Remove from heat. Stir in the mushrooms and their liquid, butter, chives, and Parmesan cheese
- Season with salt and pepper and serve immediately

INSALATA CAPRESE CON PESTO BASILICO

INGREDIENTS
- 2 large tomatoes, sliced lengthwise into thick slices
- 170 g fresh mozzarella cheese, sliced into thick slices
- Handful fresh basil leaves

Prep Time: 15 mins
Cooking Time: 10
Serves 4

For Pesto
- 2 cups packed fresh basil leaves
- 3 cloves garlic, minced
- 1/4 cup pine nuts, preferably toasted**
- 1/2 cup olive oil
- 1/2 cup finely grated Parmesan cheese (or Pecorino cheese)
- Salt and freshly ground pepper, to taste

METHOD
- Place basil leaves, garlic, and nuts into the bowl of a food processor and pulse until roughly chopped
- Scrape down the sides with a rubber spatula as required
- Add olive oil slowly in a steady stream while food processor is running (to help prevent separation) until you get a smooth paste
- To it add the cheese and pulse them again. You want each of the ingredients to retain their texture
- Season with salt and pepper

Final assembling
- Assemble the salad onto a plate by layering the tomato slices, mozzarella, and basil leaves
- Drizzle the pesto (as much as you like) over the salad and serve

By Chef Satrujeet Das, Sous Chef, Bengaluru Marriott Hotel Whitefield

Rain havoc in Himachal
Rain wreaked havoc at many places in Himachal Pradesh on Saturday, causing floods and landslides and forcing closure of over 300 roads

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India's ask: Move away from friction

East Ladakh row: At fresh high-level military talks with China, India will call for early disengagement of troops

#NEW DELHI

India is set to press for early disengagement of troops from the remaining friction points in eastern Ladakh at a fresh round of high-level military talks with China on August 14, people familiar with the matter said on Saturday.

The 19th round of Corps Commander level dialogue is taking place around four months after the last edition of the military talks were held to ease tensions in the region. The Indian delegation at the talks are going to seek completion of the disengagement process in the remaining friction points at the earliest, said one of the persons cited above.

The Indian and Chinese troops are locked in an over three-year standoff in certain friction points in eastern Ladakh even as the two sides completed disengagement from several areas following extensive diplomatic and military talks.

In the 18th round of the military dialogue that was held on April 23, the Indian side strongly pressed for resolving the lingering issues at Depsang and Demchok. The fresh round of talks is set to take place at Chushul-Moldo border meeting point on the Indian side, the sources said.

The Indian delegation at the dialogue is likely to be headed by Lt Gen Rashim Bali, the Commander of the Leh-headquartered 14 Corps. The Chinese team is expected to be led by the commander of the South Xinjiang Military District.

Last month, the Ministry of External Affairs (MEA) said Prime Minister Narendra Modi and Chinese President Xi Jinping spoke on the need to stabilise bilateral relations at a dinner during the G-20 summit in Bali last year. On July 24, National Security Advisor Ajit Doval met top Chinese diplomat Wang Yi on the sidelines of a meeting of the five-nation grouping BRICS in Johannesburg.

In its statement on the meeting, the MEA said Doval conveyed that the situation along the LAC in the western sector of the India-China boundary since 2020 had "eroded strategic trust" and the public and political basis of the relationship.

It said the NSA emphasised the importance of continuing efforts to fully resolve the situation and restore peace and tranquillity in the border areas so as to remove impediments to normalcy in bilateral ties. India has been maintaining its ties with China can't be normal unless there is peace in the border areas.

The eastern Ladakh border standoff erupted on May 5, 2020, following a violent clash in the Pangong lake area. The ties between the two countries nosedived significantly following the fierce clash in the Galwan Valley in June 2020 that marked the most serious military conflict between the two sides in decades. The two sides completed the disengagement process in 2021 on the north and south banks of the Pangong lake and in the Gogra area. – PTI

File photo of Indian troops moving along a strategic highway near the disputed border with China

Digital Personal Data Protection bill now an Act; receives President's assent

#New Delhi

The Digital Personal Data Protection bill, passed by Parliament this week, has received President's assent, Union Minister Ashwini Vaishnaw said on Saturday. Digital Personal Data Protection (DPDP) law aims to protect the privacy of Indian citizens while proposing a penalty of up to Rs 250 crore on entities for misusing or failing to protect digital data of individuals.

Companies handling user data will be required to safeguard the individual's information, and instances of personal data breach have to be reported to the Data Protection Board (DPB) and the user. "DPDP Bill becomes an Act. Received Hon'ble President's assent," Vaishnaw said in similar posts on X (formerly Twitter), and homegrown app Koo. On August 9, the Rajya Sabha approved the DPDP bill that introduces several compliance requirements for the collection and processing of personal data, has provisions to curb misuse of individuals' data by online platforms, and entails up to Rs 250 crore penalty for any data breach.

Data of children can be processed after consent from guardians, as per the DPDP law. The Lok Sabha had approved the bill on August 7. The government expects to implement the Act within 10 months, IT Minister Vaishnaw had said earlier this week.

The bill lays down the manner in which companies should process users' data, and gives the government power to seek information from firms and issue directions to block content on the advice of a data protection board appointed by the Union government. It allows users the right to correct their personal data. The bill applies to the processing of digital personal data in India, where the personal data is either collected in digital form or in a non-digitised format and subsequently digitised.

The bill defines 'personal data' broadly to include any data about an individual who is identifiable by or in relation to such data. 'digital personal data' is defined to mean personal data in digital form.

DPDP gives the government powers to exempt state agencies from the law. – PTI

Rahul Gandhi steps up attack on PM Modi over Manipur violence

#New Delhi

Congress leader Rahul Gandhi on Saturday launched a stinging attack on Prime Minister Narendra Modi accusing him of not addressing the problem of Manipur even during the debate on the violence in the north-eastern state in Parliament a few days ago. Gandhi was addressing a meeting organised by the opposition Congress-led UDF alliance in Kalpetta here to welcome him on his first visit to Wayanad after his Lok Sabha membership was restored.

"He (Modi) spoke for 2 hrs 13 minutes. He laughed... he joked... he smiled... his cabinet laughed, joked and smiled... They had a lot of fun. The Prime Minister spoke two hours about everything... Congress, me about INDIA alliance — but spoke two minutes about Manipur," Gandhi said. Lashing out at Modi, Gandhi said the BJP and the government led by it "murdered the idea of India" in Manipur.

"You have destroyed thousands of families. You have allowed the rape of thousands of women. You have allowed the murder of thousands of people. And as Prime Minister of the country, you are laughing?" he asked. The Congress leader opined that anyone who murders the idea of India cannot be a nationalist.

Escalating his offensive against Modi, Gandhi said: "You spent two minutes talking about the murder of Bharat Mata. How dare you do this? How can you dismiss the idea of India?" "What have you been doing for the last four months? Why have you not been there? Why have you not tried to stop the violence? Because you are not a nationalist," he said.

He also recounted the harrowing experience he had encountered during his visit to Manipur and said during his 19 years of political life, he had never come across such a situation. Narrating the story of two women he had met in relief camps, Gandhi said one of them recollected how her son was murdered right in front of her eyes.

"One of the women, when I entered the room, was lying on the floor alone. Everyone else had some family member, but this lady was lying alone. So, I asked her about her family. She told me that she does not have anyone left," Gandhi said. – PTI

Congress leader Rahul Gandhi speaks during a public meeting at Kalpetta, in Wayanad district on Saturday

'Someone is complicit': SC on Atiq Ahmad's killing

#New Delhi

The Supreme Court has pulled up the Uttar Pradesh government over the killing of former Lok Sabha member Atiq Ahmad and his brother Ashraf in police custody in Prayagraj on April 15, observing "someone is complicit".

It has also sought a status report from the state government on 183 "police encounters" that have taken place since 2017. According to the state police, 183 people have been killed in numerous police encounters since the Yogi Adityanath government assumed office in March 2017. Yogi's detractors have often claimed many of them were staged.

A bench of Justices S Ravindra Bhat and Aravind Kumar directed the UP government on Friday to file an affidavit within six weeks giving the details of these encounters, the status of investigation, charge sheets filed and the status of trial.

"There were 5 to 10 people guarding him (Atiq)...How can someone just come and shoot? How does this happen? Someone is complicit," the bench observed.

It also issued notice to the UP government on a plea by Aisha Noori, sister of gangster-politician Ahmad, seeking a direction for a comprehensive probe into the killing of her brothers. The top court, however, rejected the request of PIL petitioner Vishal Tiwari for institution of an independent judicial commission of enquiry to go into the police encounters and the role of the men in uniform in these, saying the state government has already formed such a commission. – PTI

Former LS member Atiq Ahmad was killed while in police custody

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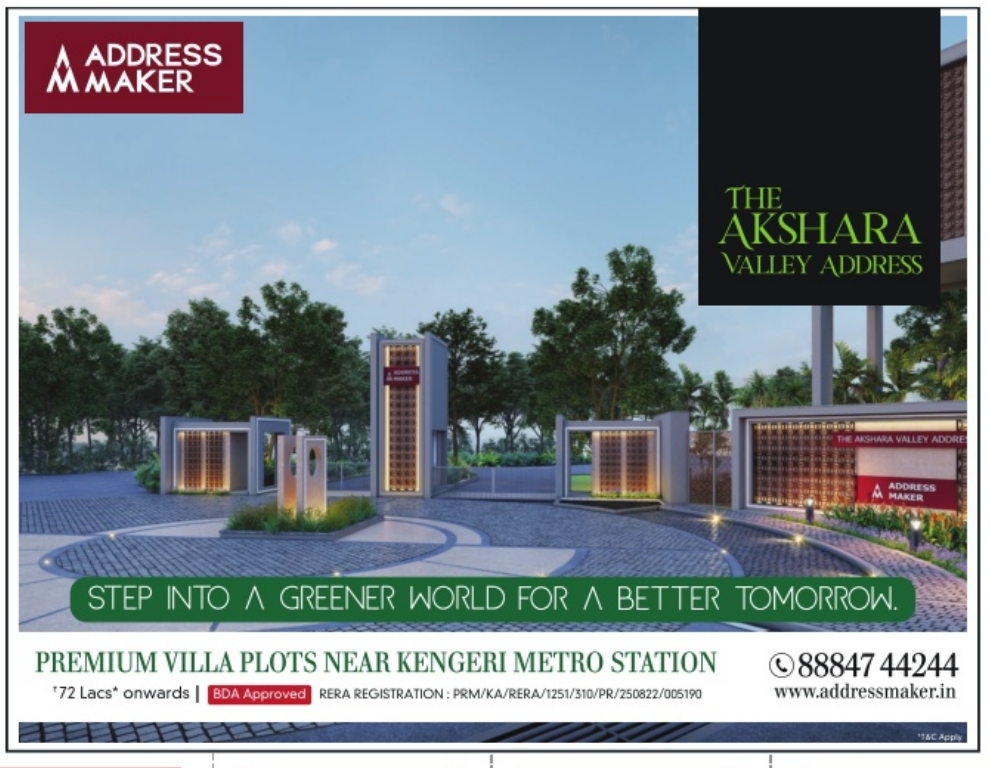
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Change of plan
Music maestro AR Rahman has announced that he will be rescheduling his Saturday concert in Chennai owing to "adverse weather conditions and persistent rains"

No remakes please

Sara Ali Khan explains why she is wary of touching some select films

Sara Ali Khan made a very confident entry into the movies with Kedarnath and Simmba but post that none of her projects did wonders to her career with only Atrangi Re being the saving grace. The two films that she did in the interim were remakes - Coolie No 1 with Varun Dhawan and Love Aaj Kal with Kartik Aaryan.

And given the public response to those films, the actress has decided not to say yes to any more remakes.

Talking about it in an interview with Deccan Chronicle, when Sara was asked if she'd like to remake any of her mom Amrita Singh's movies, she said that she has done two remakes till now and she's learnt that some films shouldn't be touched. She added that she does look like her mother but if she doesn't act as well as her mother then the media will not let her get away with it and she doesn't want that. The actress has found her mojo back with the success of Zara Hatke Zara Bachke with Vicky Kaushal and has an interesting slate of films lined up from Murder Mubarak with Karisma Kapoor and Sanjay Kapoor. She's also got Metro... In Dino opposite Aditya Roy Kapoor and Ae Watan Mere Watan with Karan Johar's production house. She recently did a special appearance in Karan Johar's Rocky Aur Rani Kii Prem Kahani.

Actor says she has learnt from her past experience with two films that were remakes that some films should not be touched

—ETimes

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CHANGE OF NAME

I, Harish T, S/o Thimmaiah aged 40 years, residing at No. 347, 5th Main Road, 2nd Block, 3rd Stage, Basaveshwaranagar, Bangalore-560079 have changed my minor son's name from VINEETH H to VISHNU MITHRAN H, Vide affidavit dated: 14.07.2023, Sworn before Notary K. Nagaraja, Bangalore.

I, Gangamma Hedampalli w/o Suryakant Baburao Hedampalli R/o Flat.309 Pristine SriKrishna Apt-1, Kammasandra road, Electronic city, Bengaluru 560100 have changed my name to Ganga Suryakant Hedampalli affidavit Dt.12/08/2023 notary Harisha G, B'luru

I, Srinivasalu Ramprasad Naidu R/o No.20, Saileela, Horamavu Agara main road, near millennium school Bengaluru 560043 have changed my name to Srinivasalu Ramprasad affidavit Dt.24/07/2023 notary Harisha G, B'luru

I, Sayyed Sana Zama w/o Mohammed Furqanullah Ahmedi R/o 26, 4th floor, Alfred Street, Union bank, Richmond town, Bengaluru 560025 have changed my name to Sana Furqan Ahmedi affidavit Dt.12/08/2023 notary Harisha G, B'luru

I, MARIYAMMANAHALLI SAHERA BEGUM, R/3, Idga Colony, 6th Cross, Gangavathi Koppal-583227, I, have changed my Name to SAHERA BEGUM, Vide affidavit dated 10/08/2023 Sworn before Notary: Meer Hassan, Bangalore

I, Rohit Agarwal S/o Sushil Agarwal R/o 136, 4th cross, 3rd main, RMV 2nd stage, Ashwathnagar, Dollars colony, Bengaluru 560094 have changed my name to Rohit Sushil Agarwal affidavit Dt.12/08/2022 notary Harisha G, B'luru

I, Joshitha Nagubandi R/o 10, Balaji nivas, 6th temple road, 15th cross, Malleshwaram, Bengaluru 560003 have changed my name to JOSHITA NAGUBANDI affidavit Dt.12/08/2023 notary Harisha G, B'luru

I, Aftab Ahmed Altaf Ahmed S/O, Altaf Ahmed R/o No.17, 5th Cross, 18th Main Narayana Gowda Layout Tavarekere Bengaluru-560029 have changed my name to Aftab Ahmed Altaf for all purposes.

I, Vijaya Kumar. HG R/o No 715 15th Main Road Gokula 1st Stage B'lore-54 Changed my name Vijaykumar. HG to Vijaya Kumar. HG for All Future Purposes.

I, Sharmila Iyer R/o Godrej Woodsman Estate T5 A 1502 Hebbal B'lore-24 Changed My Name Sharmila Soni to Sharmila Iyer for All Future Purposes

Doctorate to Sush

Actress and former Miss Universe Sushmita Sen is on a roll. Her latest web show Taali which is based on the life of a transgender activist Shreegauri Sawant is up for release on August 15.

She has also recently received an honorary doctorate from Techno India University in West Bengal. While Sush is proud and elated to have received the Honorary Doctor of Letters (D. Litt) degree, unfortunately she wasn't able to accept it personally. It was her father Shubeer Sen who went on her behalf. The actress later took to Instagram to share the images of her father accepting her degree. She wrote "Hon (Dr.) Sushmita Sen.Just had to see how it looked together!!! Missed receiving the D.Litt in person, down with the worst viral... but to have my father receive this honour on my behalf yesterday ...this is EVERYTHING!! Thank you..."

—ETimes

Generous Suhana

On Friday night, Gauri Khan along with daughter Suhana Khan and a few other friends had stepped out for dinner at a restaurant in Mumbai when the paparazzi spotted them and they obliged them for pictures. Suhana was earlier spotted at the book launch of Koel Purie.

In a video that has now gone viral on the internet, Suhana is seen exiting the restaurant when a lady who sells tissues on the street approached her and said she has a young child who is hungry.

Suhana immediately puts her hand in her wallet and gives two Rs 500 notes to the lady. The lady jumps with joy and looking at her happiness Suhana also has a huge smile on her face. She finally bids the paparazzi goodbye and sits in her car. This gesture of Suhana has definitely won her many new fans. One individual commented on the video, "Girl with a golden heart." Another one wrote, "I swear she is the sweetest."

—ETimes

Here's why Margot Robbie wanted Gal Gadot in 'Barbie'

Turns out Hollywood star Gal Gadot was considered for the plum role of 'Barbie' in Greta Gerwig's film.

In a new interview with Flaunt, Gadot praised Margot Robbie, who played the title role but was also a producer on the film, reports Deadline.

"I adore Margot," Gal told the outlet. "Margot is one of those women who you just want to be friends with. She brings so much to the table. I would love to do anything with Margot and was very touched (by her comments)."

Blonde or not, it is all about the energy, Robbie feels

"She warmed my heart with everything that she said about me. I'm super excited for them, and I'm so excited for Barbie."

Robbie told Vogue back in May that she didn't initially expect to star in the project. But director Greta Gerwig insisted.

"She was like, 'No, I really wanna write this for you. And she wrote me an amazing part, so I'm very grateful," Robbie related.

Why dark-haired Gadot for the quintessential California blonde? "Gal Gadot is Barbie energy," Robbie said. "Because Gal Gadot is so impossibly beautiful, but you don't hate her for being that beautiful because she's so genuinely sincere, and she's so enthusiastically kind, that it's almost dorky. It's like right before being a dork."

IANS

'Got hit with gun in the face'

Actress Rebel Wilson was struck in the face with a gun on the set of her new movie 'Bride Hard'.

The actress recently opened up she needed stitches after suffering facial injuries during filming of 'Bride Hard' - which has been granted permission to continue during Hollywood's SAG-AFTRA strike because it is an independent production - and now she's opened up about the stunt which went wrong explaining she was accidentally smacked in the face with a prop weapon, reports aceshowbiz.com.

"I was shooting an independent movie in Savannah, Georgia. In the middle of a night shoot, my last scene of the movie, so I'd done all these kick-ass fight sequences and then just, in the last one, I got hit in the face with the butt of a gun," she revealed in a post on Instagram. Rebel went on to say that it was "such a shock" but insisted it was a "complete accident." However, she's pleased to report her stitches have now dissolved and her injuries are healing well. She said: "I just wanted to say thank you for all your well-wishes." "I've actually been healing quite amazing. The stitches have dissolved out ... I hopefully will be totally, totally fine. It was really fun doing an action movie, but it can be dangerous at times. But I'm all good, so thanks, everybody." In the action comedy, Rebel plays "bad*** secret agent" Sam who is tasked with "one of her hardest missions yet" - being Maid of Honour at her childhood best friend's wedding. Last week, the actress shared a photo of her battered and bruise face on her Instagram Story and wrote, "NOT the way I wanted to end this movie!. 3 stitches and in hospital last night after a stunt accident at 4am (sic)."

IANS

Chai-Time

SOLVE IT IN A MINUTE

$(-64 / 125)^{-2/3} = ?$

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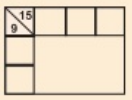
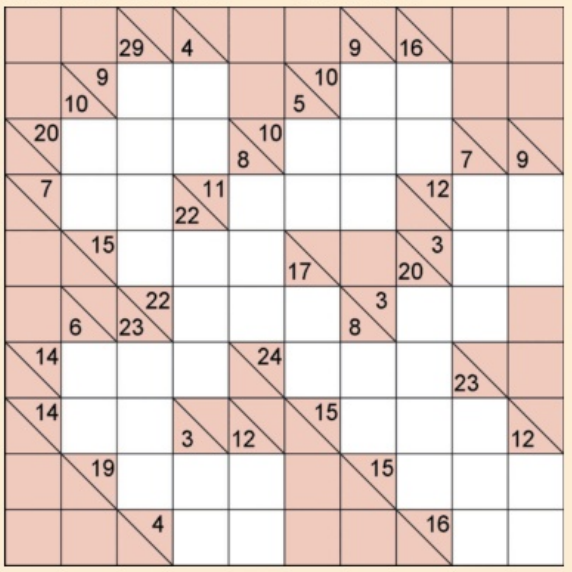
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

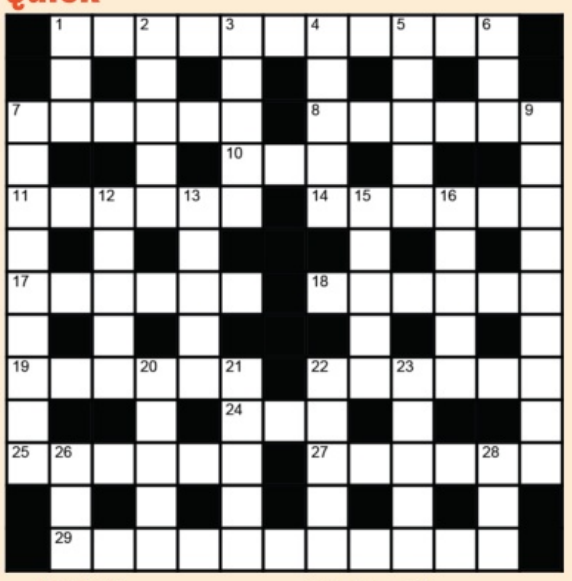


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Elevation to aristocracy (11)
7 Japanese art of growing dwarfed shrubs or plants (6)
8 Plays high-low and signals while playing bridge (6)
10 Crazy person (3)
11 Tempting (6)
14 Annually (6)
17 Largest of islands forming Japan (6)
18 East African soldier or policeman (6)
19 There's nothing in it (6)
22 Past pupils (6)
24 Kimono sash (3)
25 Fastened with spike (6)
27 Taking part in a contest of speed (6)
29 Great disaster (11)

DOWN

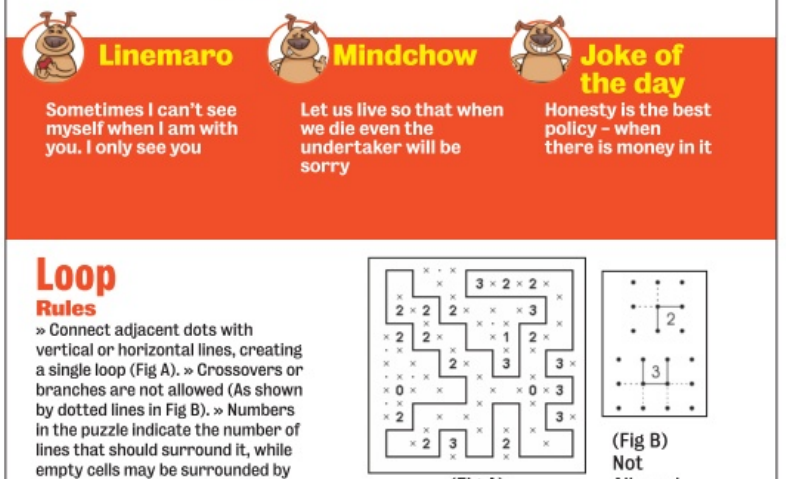
1 Green prefix? (3)
2 A North American born of Japanese parents (5)
3 Creature (5)
4 Vacant (5)
5 Part-time actor (5)
6 British sailor (3)
7 Amusement park and recreation centre in Cubbon Park (3,6)
9 Aerial sport involving free fall (9)
12 Pertaining to the ancient alphabet of the gypsies? (5)
13 India's first P.M. (5)
15 Artist's support (5)
16 Kingdom (5)
20 Without illumination (5)
21 Styles or fashions (5)
22 One doing some drying, perhaps? (5)
23 Take the top of the bottle (5)
26 Annual maintenance contract (3)
28 No, in old and archaic English (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Y EQUALS G

QK IRGZKHFDN GR ECIH NCZK. ECI JGNN FKK BVK IRGZKHFK BC QK BVK XGUBIHK CL ECIH CJR QKGRY.


Linemaro
Sometimes I can't see myself when I am with you. I only see you
Mindchow
Let us live so that when we die even the undertaker will be sorry
Joke of the day
Honesty is the best policy – when there is money in it

Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

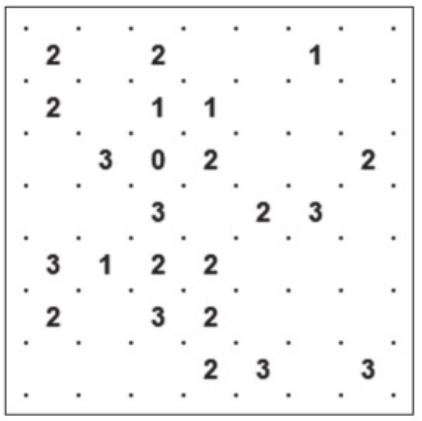
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

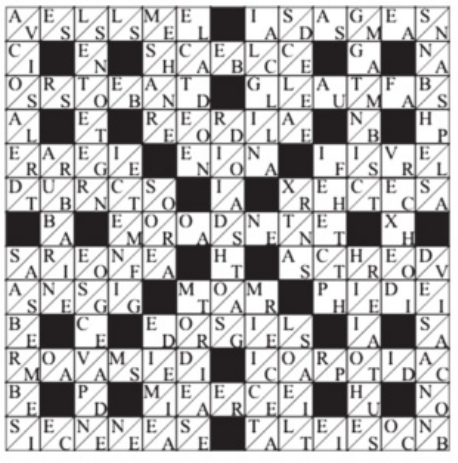
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

(Fig A)

(Fig B) Not Allowed



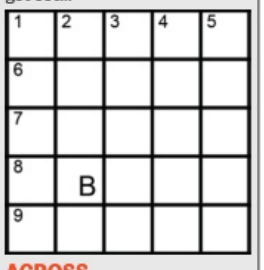
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

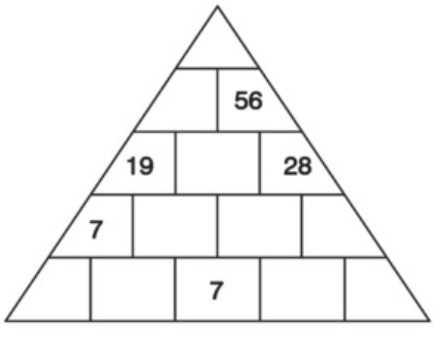
1 Paths; 6 RU car; 7 I grid; 8 Beaus; 9 Sperm

DOWN

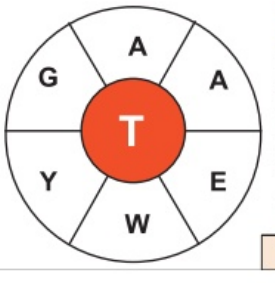
1 Carps; 2 Re-bit; 3 A guru; 4 Prims; 5 Shade

Mensapuzzle

Each number in the pyramid is the sum of the two numbers immediately below it. Fill in the pyramid with the missing numbers.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; 02 Good; 03 Outstanding

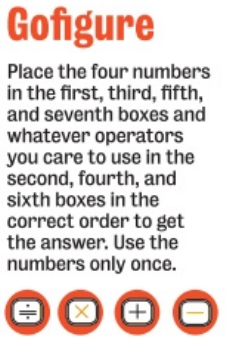
SudokuChallenge

	2	3				5	1	
	6			1			3	
		9	2		5	7		
9			7		3			2
		8				1		
4			1		9			5
		4	5		2	3		
	8			4			2	
	9	1				4	5	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

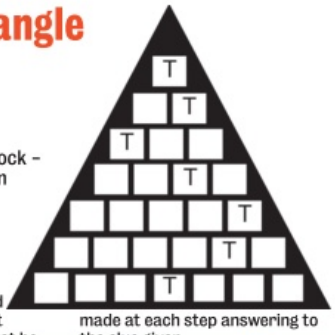
Differences: 1. Window in door is larger. 2. Car is moved. 3. Man has more hair. 4. Pocket is added to overalls. 5. Handle is missing from paint can. 6. Stir stick is moved.

Riddler

What word when you remove the first letter and put it at the end, do you get the past tense of the word?

Alpha triangle

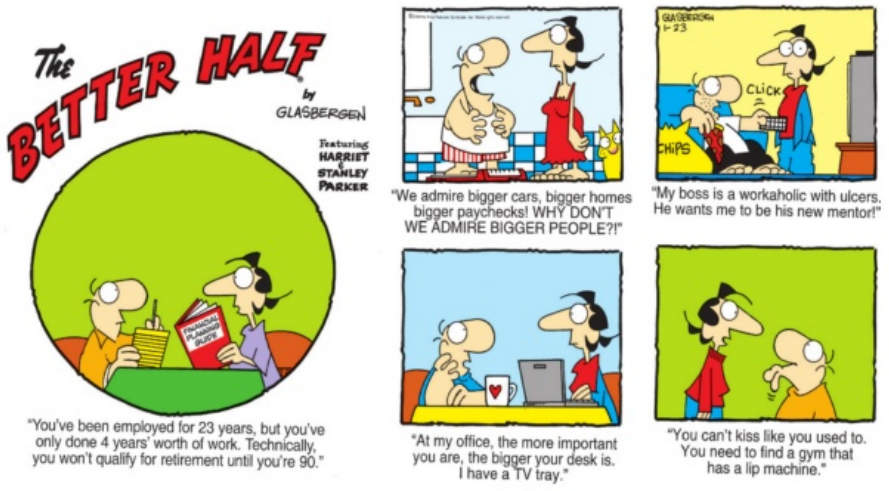
1 Terabyte
2 ___ tu Brute ...
3 Make a knot
4 Quote
5 Court order
6 Type of volcanic rock – "I acted" anagram
7 Lay down the law

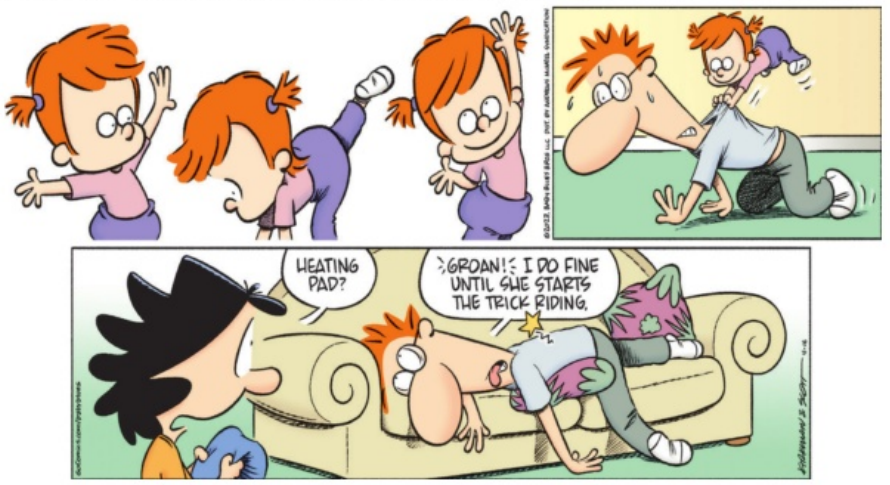


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

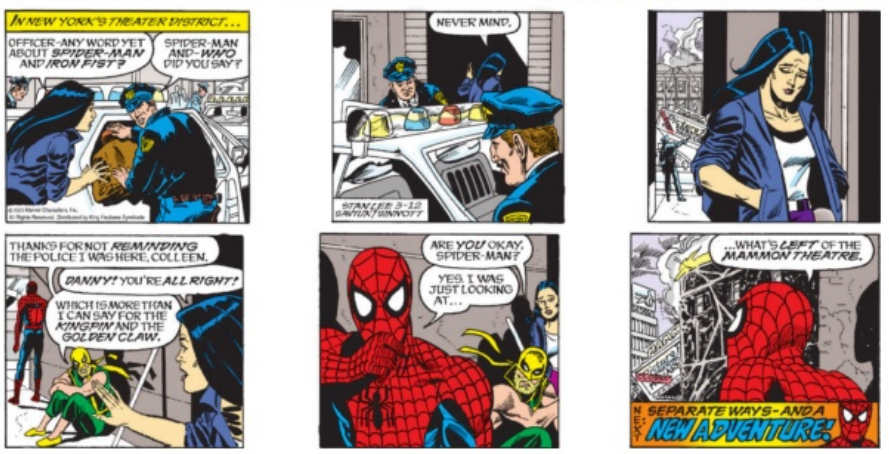
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
"You've been employed for 23 years, but you've only done 4 years' worth of work. Technically, you won't qualify for retirement until you're 90."
"We admire bigger cars, bigger homes bigger paychecks! WHY DON'T WE ADMIRE BIGGER PEOPLE?!"
"My boss is a workaholic with ulcers. He wants me to be his new mentor!"
"At my office, the more important you are, the bigger your desk is. I have a TV tray."
"You can't kiss like you used to. You need to find a gym that has a lip machine."



the AMAZING SPIDER-MAN
Stan LEE
BY FAILING TO USE HIS "SPIDER-POWER" WHEN HE HAD THE CHANCE, PETER PARKER ALLOWED A CRIMINAL TO ESCAPE THE LAW--A CRIMINAL WHO WOULD LATER MURDER PETER'S GENTLE UNCLE BEN!
THUS DID SPIDER-MAN LEARN THE FATEFUL TRUTH! WITH GREAT POWER COMES GREAT RESPONSIBILITY!


IN NEW YORK'S THEATER DISTRICT...
OFFICER--ANY WORD YET ABOUT SPIDER-MAN AND IRON FIST?
SPIDER-MAN AND--WHO DID YOU SAY?
NEVER MIND.
THANKS FOR NOT REMINDING THE POLICE I WAS HERE, COLLEEN.
DANNY! YOU'RE ALL RIGHT!
WHICH IS MORE THAN I CAN SAY FOR THE KINGPIN AND THE GOLDEN CLAW.
ARE YOU OKAY, SPIDER-MAN?
YES, I WAS JUST LOOKING AT...
...WHAT'S LEFT OF THE MAMMON THEATRE.
SEPARATE WAYS--AND A NEW ADVENTURE!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
You are blessed by the moon; with the help of elder's blessings, you may come out of last week's messy situation. With the help of destiny, you may observe some progress in life. Your spiritual power may help you to make the right decision. Your financial condition may be improved.

Taurus Apr 21 – May 20
Today you will be a victim of negative thoughts. Impatient nature and arrogance will push you back from taking difficult decisions. You will be in need of the blessing of your elders, which will help you to grow into your work front. You should avoid making investments in dead assets. Love birds shall avoid discussing bad moments.

Gemini May 21 – Jun 21
You are blessed by the moon today; you may expect some good news in terms of profession. Domestic life may be in full swings of joy. You are advised to avoid making arguments on worthless topics related to family issues. You can take important decisions in making investments in assets. Students may be focused on their studies.

Cancer Jun 22 – July 23
Today you may be busy at work. Your focus towards your goal is now clear, which may help you to complete your task before deadline and with perfection. You may also enjoy your happy moments with the family. Singles are likely to find a soul mate. You may plan to renovate your house or office, which may enhance your status.

Leo Jul 24 – Aug 23
Today you are blessed by the moon. Self respect may help you from negative people around you. You are likely to be more emotional in family related issues. You may perform well at work; you are likely to complete your task on time, which may boost your confidence. Your inner self may help you to take difficult decisions in terms of business growth.

Virgo Aug 24 – Sep 23
Today you are under the influence of a negative moon; you may feel negativity around you. Due to dull feelings you may be arrogant; it is advised to control your way of speaking, harsh speaking may create problems around you. Investments related to fixed assets are advised to postpone.

Libra Sep 24 – Oct 22
Today a positive moon may spread blessings. You may be confident. You may enjoy your work, which may speed up your current project. You may feel healthy. Your desire may come true. People around you will take help from you to solve their problems, which may increase your prestige in society.

Scorpio Oct 23 – Nov 22
Today your moon is negative. You may feel dull and may face some health issues, which may affect your daily routine. Someone known may betray you; you are advised to keep eyes open. You may be confused in making the right decision. It is advised that you should not take any financial decision related to your business. Keep patience and avoid hurrying.

Sagittarius Nov 23 – Dec 22
Today you are blessed by a positive moon, which may help you to make the right decision in making investments. Your past investments may give you profit also. You are likely to start working on a new project, which will give you benefits in the long term. You may increase your network to improve your social status.

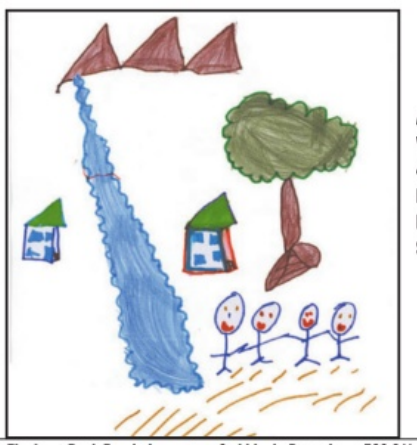
Capricorn Dec 23 – Jan 20
Today you may have a dull feeling; some sort of negativity may be noticed around you. It is advised to control your way of speaking, harsh speaking can create problems around you. You are likely to deny any suggestion given by your well wisher. But somehow by late evening, things may be under control.

Aquarius Jan 21 – Feb 19
Today you are blessed by the moon; you may be able to control spending over worthless stuff. You are likely to meet some adviser or to get some direction, which may help to invest your savings into better options and boost your financial health. You may find yourself more polite with others, which may increase your respect among people around you.

Pisces Feb 20 – Mar 20
Today is good for your work, you may perform well at work. Your seniors may give you some responsibility in terms of promotions. You may be in the winning position in some litigation. Kids' health may be better now. You are likely to meet with any investment consultant for the kids' future. You may have control over your hidden enemies.

KIDZONE

Anushree Rajeev, 8 Years, Cluny Convent



Aniha Venkat, 4 years, New Horizon School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER
Eat. When you put the first letter of eat at the end, it forms ate (the past tense of the word).

BULL'S EYE
agate, gate, GATEWAY

FAST FIVE

P	E	R	M	S
A	B	U	S	E
R	I	G	I	D
C	R	U	R	A
S	T	A	P	H

QUOTE UNCODE
Be universal in your love. You will see the universe to be the picture of your own being.

STRIKE OUT

S	C	E	N	E	S		A	L	I	S	O	N		
	E		P		M	E	R	C	I		U		O	
R	O	A	M	E	D		C	O	P	T	I	C		
B		C		D	O	G	E	S		A		A		
A	N	S	I		M	O	M		H	I	D	E		
	S	I	E	N	A		H	A	C	H	E	D		
		B		E	R	O	D	E	N	T		X		
	T	U	R	C	O		A		R	E	T	E	S	
	E	R	E	I		N	O	N		F	I	V	E	
	L		T		E	R	I	E		B		H		
	O	S	T	E	N	D		L	L	A	M	A	S	
V	E	S	S	E	L		A	D	A	G	E	S		

QUICK

	E	N	N	O	B	L	E	M	E	N	T			
	C		I		E		M		X		A			
B	O	N	S	A	I		P	E	T	E	R	S		
	A		E		N	U	T		R		K			
L	U	R	I	N	G		Y	E	A	R	L	Y		
	L		E		A		E		D					
H	O	N	S	H	U		A	S	K	A	R	I		
	A		I		R		E		L		V			
V	A	C	U	U	M		A	L	U	M	N	I		
	N		O	B	I		N		N					
N	A	I	L	E	D		R	A	C	I	N	G		
	A		N		O		C		T		I		C	
	C	A	T	A	S	T	R	O	P	H	E			

MENSA PUZZLE

SOLVE IN 1M
$[-(5^3/8^3)^2]^{1/3} =$
$(-5^6/8^6)^{1/3} = -5^2/2^6$
$= 25/16$

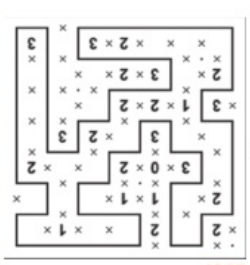
SUDOKU

2	9	1	3	7	8	4	5	6
3	8	5	6	4	1	9	2	7
6	7	4	5	9	2	3	8	1
4	3	2	1	8	9	6	7	5
7	5	8	4	2	6	1	9	3
9	1	6	7	5	3	8	4	2
1	4	9	2	3	5	7	6	8
5	6	7	8	1	4	2	3	9
8	2	3	9	6	7	5	1	4

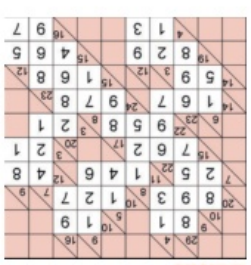
ALPHA TRIANGLE
t, Et, Tte, Ctte, Edict, Dactte, Dictate.

GO FIGURE
Easy
5 + 5 x 1 + 3 = 13
Medium
2 x 4 x 1 – 2 = 6
Hard
6 + 3 – 2 x 9 = 63

LOOP



KAKURO



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